

Kennedy Center News

June 2016



Friendly Visits

If you know a homebound senior who would benefit from a friendly visit, call Outreach Coordinator, Marge Donaher, at 617-376-1243. Friendly visits provide social support for lonely, isolated and/or homebound elders. A face to face chat can help a senior stay socially connected and reside at home longer, as well as help address health and social isolation among our homebound senior population.



To all the wonderful
Dads!
Enjoy your day!

Metropolitan Beach Commissioner will hold a Public Hearing for input on Quincy's Public Beaches and their condition. Meeting will be held on June 21st 6 PM at the Kennedy Center.

Quincy's 65th Flag Day Parade will be Saturday, June 11th. Parade begins at 7:00 PM and fireworks at 9:15 PM.



Dear Friends,

I recently received an e-mail from an old friend. At the bottom was a tagline which said "be kinder than necessary, for everyone you meet is fighting some kind of battle."

Isn't that great advice? It made me think of a book that I read a number of years ago called the Hidden Power of Kindness by Lawrence G. Lovasik. In it the author describes the transforming power of kindness and good deeds. He explains that no kind action ever stops with itself. One kind action leads to another. Good example is followed. A single act of kindness throws out roots in all directions, and the roots spring up and make new trees. The greatest work that kindness does to others is that it makes them kind themselves. The kindest men are generally those who have received the greatest number of kindnesses. As you become kinder yourself by practicing kindness, so the people you are kind to, if they were kind before, learn to be kinder, or if they were not kind before, learn how to be kind. Thus, there is no better thing you can do for others than to be kind to them. Your kindness is one of the greatest gifts they can receive. Kindness drives out gloom and darkness from the soul and puts hope into fainting hearts. It sweetens sorrows and lessens pain. It discovers unexpected beauties of human character and calls for a response from all that is best in souls. Kindness purifies, glorifies, and the nobles all that it touches.

What a profound and true lesson this is. So I put the challenge to you, let us all be a little bit kinder to each other. Let us look for opportunities to be considerate and to treat those whom we encounter with consideration and respect.

As the summer approaches we will be talking a little more about how to combat the heat but please know that the Kennedy Center is a great place to come to cool down. You are always welcome!

Thomas F. Clasby, Jr.
Director



ely information, topics of
, announcements and more,
be sure to like us on Facebook!
Search us under Quincy
Council on Aging



KENNEDY CENTER

Kennedy Center
440 East Squantum Street
Quincy, MA 02171
617-376-1506

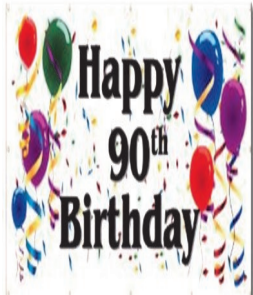
www.quincyma.gov/government/elderserv
Hours : Monday - Friday 8:30 a.m.- 4:30 pm



Let's Kickoff Summer!
Enjoy water views, sunset and music!
Thursday, June 9 at 7 pm Squantum Yacht Club
Entertainment by Joey B-Bop



Join us for a night of great entertainment, light refreshments, and cash bar. This is a night you do not want to miss! Stop by the Kennedy Center to purchase your ticket \$10 per person for this special evening event. Tickets will not be available at the door.



Let's Celebrate!
July 29th at 1:00 at the Kennedy Center

Are you 90 or older? Join us in celebrating "being 90+" at the Kennedy Center. A major milestone in someone's life, 90 is well deserving of a celebration! Call the Kennedy Center at 617-376-1506 to register for this special celebration.



Old City Hall Renovation
Tuesday, June 7th at 10:30

Jim Edwards will present a slideshow of the recent renovations to Old City Hall. Light refreshments will be served. Please call to register 617-376-1506.



Derby Street Shoppes - Hingham
June 13th 10 AM - 2:30PM

Depart from the Kennedy Center at 10 AM for a day of shopping at the Derby Street Shoppes in Hingham, returning at approximately 2:30 PM
 \$5 Per Person. Space is Limited. Visit the Kennedy Center to reserve your spot.



Scavenger Hunt
Friday, June 17th starting at the Kennedy Center 10:00 AM

6-8 teams of 4-5 people (including one driver per team) will participate in a community treasure hunt that promises to be an exciting event. The team that collects the most items from list first will win a prize. Call 617-376-1506 to register.



Spirit of Boston
Wednesday, July 27th at 8:30 AM

\$79 PP. Depart on Silver Fox Motor Coach. You will drive through Boston pass the Boston Common, State House and Boston Common. Then board the luxurious Spirit of Boston cruise ship. Dine on a delicious buffet of Salmon, Tilapia, Chicken Parmesan, Meatballs, Baked Ziti or Roast Broccoli, including salad, vegetables and desserts, buffet style. Later you can shop at Quincy Market, the North End or enjoy the Rose Kennedy Greenway. Payment due at registration. No exceptions.



Family Caregiving **Friday, June 17th at 10:30**

Please join Denise Baxter-Powell, LCSW, Senior Account Manager from Caregiver Homes. Caregiver Homes provides training, support and financial assistance to keep caregiving in the home. A caregiver is most often a family member, but she or he can be anyone willing live with a consumer, provide support as needed around-the-clock, and care like family. Light refreshments will be served. Call 617-376-1506 to register.



Norfolk County Sheriff TRIAD Program **Friday, June 17th at 10 AM**

A representative from Norfolk County Sheriff Michael Bellotti's office will speak about the Sheriff's TRIAD Program, a partnership between seniors and law enforcement/ public safety agencies. TRIAD includes RUOK, File of Life, Yellow Dot, Lojack Safety Net Search and Rescue, Speakers Bureau and Senior I.D. Call to register 617-376-1506.



Coloring Group **Thursdays at 1:00 at the Kennedy Center**

Join the coloring craze! It is a great way to relax. Health benefits include improved fine motor skills and vision and brain focus. Doctors prescribe to patients to calm and center their minds as well as combat stress and anxiety. Supplies provided. If you have supplies you prefer to use, bring them along.



Aging with Humor **Monday, June 6th at 1:30 PM**

Join Sister Lois Connors, R.N., B.S.N. for a presentation on aging with humor. Light refreshments will be served. Call 617-376-1506 to register.



Jewelry Class **Friday, June 10th at 10:30**

Learn how to create your own beautiful, custom jewelry using beads, wire, chains, charms, crystals and more. Supplies included. **\$15 per person**. Payment due at time of registration. Visit the Kennedy Center to register



Kennedy Center Book Club **1st Thursday of each month at 1:30**

Is a welcoming group that meets the first Thursday of each month at 1:30 PM. June 2nd we will discuss "Miami Malloy, at Last" by Julia MacDonnell. July 7th "March" by Geraldine Brooks and "Little Women" by Louisa May Alcott. August 4 "The Nest" by Cynthia Sweeney. September 1 "For 2 Cents Plain" by Harry Golden. Registration is not required.



Computer Classes - June 2016 - \$5 per class

Instruction by Grace Buscher



*Registration required for classes * Bring your laptop. You are welcome to come without laptops for instruction only. The center's computers are available first come, first serve. Call 617-376-1506 to register.*

June 2– Apple Computers– Specializing in photos for the Mac computer. How to adjust photo, crop, recolor and correct problems. If you have your Mac, bring it to class.

June 9 - Advanced Internet– Learning more about the internet. what is a web browser and how do they differ. How to find things on the internet. What is safe? How to prevent picking up viruses. What type of security do you need? Find out what you want to know.

June 16 - Purchasing on the Internet– This class is designed to show people the best ways to purchase over the internet. It will take you through ordering, paying, tracking, receiving and returning. The class will show first time or experienced internet shoppers how to safely order on the internet. We will demonstrate a number of internet sites (Amazon, Macy's Sears) which do millions of dollars in sales per month. We will explain shopping bags/carts. Students should have computer knowledge.

June 23– Word Processing—Explore the basics of the word processing system. We use Microsoft's Word program to describe the program, how it works. How to develop your talents. Produce a letter, card, envelope and label. How to use features that make word processing more effective than typing. How do you save your documents, set up files and folder and retrieve any document you have created.

June 30 - Windows 10 Microsoft has released its new version of the operating system. Presently it is free until July 31, 2016. Should you upgrade? The good, the bad and the ugly of Windows 10. Come to class, see the new systems and determine which way to handle your computer.

Seniors are often intimidated by technology. Join Grace for computer classes at the Kennedy Center– stimulate your mind and learn how to use a computer and navigate the internet.

Beginner classes are Tuesdays at 10:30am and Wednesdays at 1:30pm.



Parkinson's Support Group is held the **2nd Wednesday** of each month at the Ward 4 Community Center. 100 Brooks Ave, at 7 pm to discuss Parkinson's.
Call Brian 617-770-2090 for information.



It is that time of year again and the air conditioners will be turned on at the Kennedy Center. Please bring a sweater with you in case it is too cold for your liking.



Protecting your Assets **June 22nd at 10 AM**

Attorney Robert Romano will conduct an estate planning essentials workshop at the Kennedy Center to discuss the important issues that effect seniors. Call 617-376-1506 to register. Space is limited.



Watercolor Painting, with Michael Domina
May 16th - June 27th Mondays 10 am-12
 \$95 pp not including supplies.

Call 617-376-1506
to register



Men's Discussion Group
Thursday, June 9th at 10 AM

Quincy's own Dick Flavin, Emmy Award winning TV and radio commentator, Fenway Park announcer and Red Sox Poet Laureate will speak to the Men's Discussion group on Thursday, June 9th.



Brain Games

Thursday, June 16th at 12:00 at the Kennedy Center

Join Jennifer Nosalek from Hahn Home Health Care, Inc. and Clare Donovan from Brookdale Quincy Bay for Brain Games: Use It or Lose It. Participants will listen and discuss the benefits of using mentally stimulating activities and games to enhance brain health. Call 617-376-1506 to register.



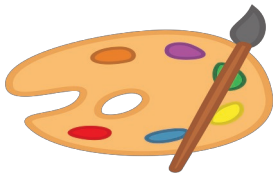
Thursday, June 30th at 10 Am at the Kennedy Center

Join Ruth Jones BSN, RN, BC, CP-FS Public Health Nurse Educator for the Quincy Health Department. for a discussion on urinary tract infections, the second most common type of infection in the body, accounting for about 8.1 million visits to health care providers each year. She will discuss how to handle the infection and prevention.

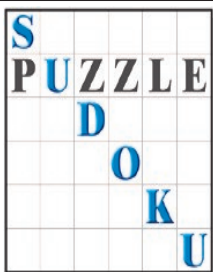
Call 617-376-1506 to register.

Painting with Acrylics

June 10th at 10 am



Learn the principles of art in this relaxed 'paint in the moment' affair at the Kennedy Center. Participants leave with their creations. Light refreshments. Supplies provided. \$15 per person due at registration. Cost includes supplies. Space is limited



This is a
Intermediate
Level
Puzzle.

Exercise Your
Brain!



2			3					
8		4		6	2			3
	1	3	8			2		
				2		3	9	
5		7				6	2	1
	3	2			6			
	2				9	1	4	
6		1	2	5		8		9
					1			2

Sudoku

Use your logic to
find the correct number
for each square.

When finished,
all nine rows across, all
nine columns down and
all nine 3 by 3 boxes must
contain all nine numbers,
1 through 9, with no
repeats.

Level: Intermediate

Good luck!!

FREE MOVIE FRIDAYS

Free Movie Fridays at the Kennedy Center Every Friday at 12:30pm



June 3rd Brooklyn - Oscar Nominee Saoirse Ronan plays a young Irish immigrant navigating through 1950s Brooklyn. Brooklyn is a warm and wonderful story about falling in love and finding your way home.

June 10th Dave - Kevin Klein and Sigourney Weaver star in this uncanny Presidential lookalike named Dave, who is recruited by the Secret Service to become a momentary stand-in for the President of the United States. However Dave finds himself continuing his masquerade as Chief Executive indefinitely.

June 17th Mystic Pizza - Julia Roberts and Vincent Phillip D'Onofrio star in this romantic story of the lives of three unforgettable waitresses in a little town called Mystic. Filled with heart and humor.

June 24th Rendition - Jake Gyllenhall, Reese Witherspoon, and Peter Sarsgaard star in this movie of a man that mysteriously vanishes from an overseas flight. His disappearance sends shockwaves all the way to the nation's capitol. Desperate for the truth his wife begins a search for the missing man.



PHOTOS

We celebrated Cinco de Mayo at the Kennedy Center.
Pictured left is JC Borneo

Our **photo albums** and **videos** are on the Quincy Council on Aging Facebook page. Not on Facebook? Sign up for a computer class at the Kennedy Center with Grace Buscher and become a computer and social network whiz! To register, call 617-376-1506.





1. How many states border the Gulf of Mexico?
 2. What is Sushi traditionally wrapped in?
 3. What is allspice alternatively known as?
 4. What is the minimum number of musicians a band must have to be considered a "big band"?
 5. What is the largest and densest of the four rocky planets?
 6. What country is Prague in?
 7. What element begins with the letter "K"?
 8. What continent has the fewest flowering plants?
 9. What color is Absynth?
 10. What magazine boasts the slogan: "Test, Inform, Protect"?
-



Thank you **Karen Carroll** of **Cottage Caregivers** for hosting benefits of positive thinking. Thank you **Jill Carr** of **South Shore Elder Services** for the discussion of elder abuse, the definition, law and where and what to report. Thank you to **Neil Swidey**, the author of "trapped Under the Sea, for his discussion and book signing. Thank you **Jeanette Scales**, author of "Boxes" for her book signing and discussion. Thank you to **Home Instead Senior Care** for hosting the delicious ice cream social. Thank you **Jennifer Nosalek** from **Hahn Home Health Care** for the milk tasting and the myths and benefits of milk. Thank you to the **Pat Roche Hospice Home** for the tour provided and information on services. Thank you **Atria Senior Living** for the presentation of Younger Next Year discussing the new science of aging. Thank You Deb Deery from **John Adams Healthcare Center** for hosting the lunch provided at the High Tea. Thank you to the Consumer Protection Division, Norfolk District Attorney Michael Morrissey's Office for the Avoiding Scams presentation. Thank you **Brookdale Quincy Bay** for hosting the Senior Olympics Sportsmanship luncheon. Thank You **Anna Chapman** for your generous donation to the Kennedy Center. Thank you **Barbara MacDonald** for the beautiful hand knit sweater sets for babies. Amazing talent!

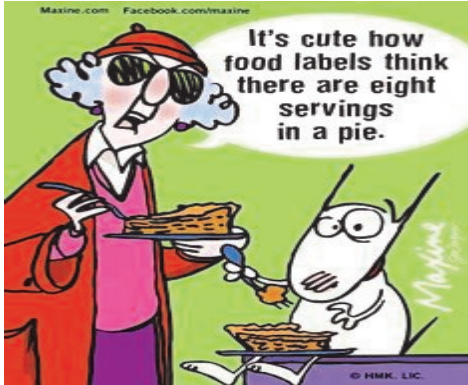


Bob Connell
June 3rd





Ha! Ha! Ha!



May Word Search

BALLPARK	CATCHER	GLOVE	PAPI	SINGLE
BANNER	CHAMPIONS	GREEN	PITCH	WALLY
BASEBALL	CRACKERJACKS	HOMERUN	POPCORN	WAVE
BAT	DOUBLE	HOTDOG	REDSOX	WIN
BOSTON	FENWAY	MONSTER	SERIES	YAWKEY

U E E B T W P Q C P W Y S B S
 N J L G N I L C Z O Z C J K M
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 C R N D O U B L E C M A T R P
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June 2016

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